

### **Abstract of the Disclosure**

The invention is made of two fully adjustable aluminum pieces (or other similar product) whereby one piece is vertical and the other piece is horizontal. The pieces are connected together near the patient's waistline and connected to the patient with a belt clip. The two pieces form a brace. The vertical piece is topped with foam padding which fits in the armpit of the patient's injured shoulder to provide support to the injured shoulder. The horizontal piece allows for either an injured arm or an uninjured arm to rest horizontally and forms an armrest for the injured patient. The horizontal position of the arm keeps the arm and shoulder in a comfortable position for the patient during recovery from injury or surgery.